



Safeguarding Tip of The Week

Coping at Christmas



Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

Christmas could affect your mental health if you:

- Wish you didn't have to deal with Christmas, or find it stressful because of other events in your life
- Feel alone or left out because everyone else seems happy when you're not
- Feel frustrated by other people's views of a 'perfect' Christmas, if these feel different to your experiences
- Have ideas about what Christmas should be like, feel as if you need to enjoy it or worry something will disrupt it
- Feel like Christmas gives you something to focus on and look forward to, and find it difficult when it's over
- Look back at difficult memories, regret things about the past, or worry about the coming new year
- Feel overlooked, for example if you celebrate other religious festivals or holidays that get less attention
- Want to celebrate with someone who's struggling

If Christmas is a hard time for you, it's important to remember that **you are not alone**.



Black Country Foodbank helps vulnerable individuals and families in crisis through the provision of emergency food and toiletry supplies while a longer-term solution is developed. The services we provide have an enormous impact on the people who use them, giving them an important breathing space at a time of great need.

COMMUNITY LINK –72 High Street, Cradley Heath, Sandwell B64 5HA -Monday 10:00 - 12:00

HOLY TRINITY CHURCH – Halesowen Road, Cradley Heath B64 6JA – Thursday 13:00 - 15:00

<https://www.blackcountryfoodbank.org.uk/locations/> - Telephone: 01384 671250 - Monday to Friday 9am-1pm



In the run up to Christmas there can be a lot to think about. If you're also worried about your finances planning ahead and seeking advice can help you to manage costs.

Everyone has a different situation. If you're struggling with debt you can call national debtline for free, impartial debt advice. Call: 0808 808 4000